



Wellness Program

ND Department of
Transportation



Wellness

Areas of Focus

- Screenings (Health Fairs)
- Physical Activity
- Lifestyle Education



Screenings (Health Fairs)

- Initial Health Fairs
 - Nov 2004 – Jan 2005
 - 8 District's & Central Office
- Blood Sugar
- Cholesterol
- Blood Pressure
- Strength Testing (Grip)
- Body Mass Index (BMI)
- Health Survey



Screening (Health Fairs)

- Sleep Analysis & Counseling
- Nutrition Information Booths
- Exercise Information Booths
- Flu Shots (Immunizations)
- Offered – Once per biennium
- Contractor– *American Red Cross, Burleigh-Morton Chapter*



Physical Activity

- *Walking Works* Presentations / Blue Cross Blue Shield
 - Central Office & 8 Districts
 - 10K steps per day goal
- Incentive Program
- Physical Activity/ Lifestyle Score Sheet
- Walking Path Brochure/Maps



Health Fair Attendance

- DOT-wide - 611/ 1,030 (59.3%)
 - Low – 47.9%
 - High – 91.1%
 - Biggest Concerns:
 - PRIVACY
 - BMI / Body Fat Measurements
 - Screening Results
 - Bottlenecks



Physical Activity



- In-House **Exercise Classes**
 - *Fitness Express* / MidDakota Clinic – Exercise classes at NDDOT Building
 - Risk Management *Facilities Use Agreement* – Approved



Physical Activity

- *Challenges*
 - 3-Month duration
 - Emphasize a single wellness focus
 - Smoking cessation
 - Nutrition (5-A-Day)
 - Overall – Physical Activity, Nutrition, Lifestyle
 - Individual compete against selves



Lifestyle Education

- Weekly Newsletter – *The Grapevine*
 - Healthy Recipes / Wellness Tips
- Internal Wellness **Web Site**
 - Focus – NDDOT employees
 - General wellness info and links

Other Developments

- NDDOT Wellness *Policy* – Published
- Wellness *Action Plan* – *Drafted*
 - Wellness Committee Composition
 - Get-started guidance
 - S.W.O.T. Analysis
 - NDDOT Workforce Analysis
 - Wellness Survey Data





Other Developments

- Wellness *Budget* – Per Biennium
- 1% “savings” on health insurance premiums dedicated to Wellness
 - Incentives / Rewards
 - Literature
 - Supplies / Equipment
 - NDDOT-sponsored activities and competitions





Logo Contest – Program I.D.

- Entries from throughout NDDOT
 - One nominee from each District and Central Office
 - Electronic voting via e-mail
- Grand Prize
 - Personalized jacket with embroidered wellness logo
- Other Prizes
 - Framed copies of logo submissions





Questions? Comments?

